



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

September 2025



2024-2025

National President

Kelly Peña
408.642.7722
penakelly66@gmail.com

National Vice President

Gini Larson PNP
361-442-5707
lovedduck@aol.com

National Executive Secretary

Laurie A. Starkey
856-294-1282
lafrastarkey@outlook.com

National Financial Secretary

Pat Suckow, PNP
843.452.4719
lafranfspat@gmail.com

National Treasurer

Sharon Lippitt
908-507-0345
lafrasharonlippitt@gmail.com

Jr Past National President

Veralyn Thomas
904.495.4363
nplafra2023.24@aol.com

National Chaplain

Dorothy Smiley
757-240-7537
dsmileynationalchaplain@yahoo.com

National Parliamentarian

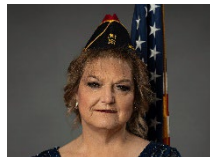
Helen A. Courneya
775-882-9201
vpc.hac.patches@att.net

Website: la-fra.org

Contact NES Laurie Starkey if you
need addresses of any national
officer.

For Membership and Auxiliary
Supplies Contact:

LA FRA – NFS
PO Box 706
Goose Creek SC 29445



From the Desk of the National President

Dear All,

As we welcome September, we find ourselves bidding farewell to summer, wondering where the time has flown. This month, I have had the privilege of attending several regional conventions, with more on my calendar ahead.

September brings with it a significant federal holiday - Labor Day, celebrated on September 1st. This day honors the contributions of workers across the United States, and many of us eagerly anticipate the long weekend it provides. Additionally, September 4th marks National Wildlife Day, a wonderful opportunity to educate ourselves about endangered species and to advocate for global conservation efforts.

Let's not forget the lighter side of September! On September 5th we celebrate National Cheese Pizza Day. Whether you choose to indulge in a homemade pizza or enjoy a slice from your favorite local pizzeria, I encourage you to make the most of this delicious occasion. Following closely is National Chocolate Milkshake Day on September 12th - what better way to treat yourself than with a delightful milkshake?

September 16th ushers in National Voter Registration Day, a crucial initiative aimed at ensuring Americans are prepared for their next trip to the ballot box. Then, on September 19th, we observe National POW/MIA Recognition Day. While not a federal holiday, this day is dedicated to honoring those who have been prisoners of war and those who remain missing in action, as well as their families. I encourage you to seek out local observance ceremonies and participate. If you have a POW/MIA flag, please display it with pride.

September 27th is National Family Health and Fitness Day, a time to promote physical activity and healthy habits within families. Whether you opt for a leisurely walk, a trip to the gym, or a fun dance-off in your living room, let this day be a celebration of both fitness and family bonding. Together, you can create lasting memories while fostering healthy habits.

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Moreover, September is recognized as World Alzheimer's Month, a global campaign aimed at raising awareness and challenging the stigma surrounding Alzheimer's Disease and other forms of dementia. With over 55 million individuals affected worldwide, it is vital that we contribute to the cause. Consider learning about the early signs of the disease, fundraising for research, or donating to the Alzheimer's Association. Early detection is crucial, and if you or someone you know is experiencing symptoms such as memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, withdrawing from work or social activities, and changes in mood or personality, I urge you to consult a healthcare professional.

Additionally, I would like to remind units to submit their national delegate sheets to the appropriate individuals, including the National President, National Vice President, National Executive Secretary, National Convention Chairman, National Credential Chairman, National Registration Chairman, and your Regional President. Please ensure that you are using the delegate form provided on the LA FRA website and that it is completed accurately for acceptance at the National Convention in Springfield, Missouri. If your unit will not have delegates attending, I strongly recommend designating a proxy and attaching the proxy form with instructions for voting on candidates and resolutions. If you have yet to make your travel arrangements for the National Convention, there is still time, but please be mindful of approaching deadlines. I look forward to seeing many of you there. This is an opportunity to advance auxiliary business while also reconnecting with friends across the country.

As we embark on this busy month and months to come, and as the 120-day deadline for resolutions to be submitted this year has passed, I encourage newly elected officers and members to familiarize themselves with our constitution and bylaws. This is an ideal time to consider potential amendments and to work together with your unit to submit resolutions for next year's national convention, fostering growth and innovation within our auxiliary.

I extend my heartfelt gratitude to all who have generously supported my National President's Project, "Paws for Purple Hearts." If you wish to contribute, please make your checks payable to "LA FRA" and send them to the NFS, PO BOX 706, Goose Creek, SC 29445, noting "NP Project" in the memo line.

In closing, my thoughts and prayers are with those members and families facing illness or mourning the loss of a loved one. Best wishes to all celebrating birthdays, anniversaries, or any special occasion - may you enjoy many more joyous celebrations in the future!


In Loyalty, Protection & Service,


Kelly M. Pena/ LA FRA National President

September 2025 Holidays

September 1	Labor Day
September 7	National Grandparents Day
September 11	Patriot Day
September 19	National POW/MIA Recognition Day
September 23	Rosh Hashana
September 28	Gold Star Mother's Day

In Loving Memory of Our Departed Members

 National Presidents
  Other National/Regional Officers
  Members

 Joleen Warren, Unit 289

Donations

National Presidents Project 2024-2025:

Unit 70. Unit 59
 Branch 59, Carolyn Montreuil

Membership Stats as of 7/31/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 7/31/25
4255	57	144	4	3	2	213	13	0	0	4229
REI - Reinstated		TO - .Transfer Out			NP - Non-Payment			INE - Ineligible		
TI - Transfer In		RES - Resigned			DEC - Deceased					

Upcoming Events

9/04-07/2025	Northwest Regional Convention	More information to come
9/12-13/2025	West Coast Regional Convention	Modesto, CA
9/22-26/2025	Southeast Regional Convention	Warner Robbins GA
10/08/2025	Northeast/New England Regional Convention	Pleasantville, NJ
11/4-7/2025	FRA & LA FRA National Convention	Springfield, MO

Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287
	Gini Larson, PNP, Unit 94
National Vice President:	Laurie Starkey, Unit 31
National Executive Secretary:	Doris Fri, Unit 161
Regional President Southeast:	Carolyn Whitaker, Unit 126
Regional President West Coast:	John Souza, Unit 287
Regional President Southwest:	Myrna Sales, Unit 302

National President's Project

My National President's Project for 2024-2025 is "Paws for Purple Hearts". Their mission is to improve the lives of America's Warriors facing mobility challenges and trauma-related conditions such as PTSD and TBI by providing the highest quality Assistance Dogs and canine-assisted therapy programs; and by building public awareness about the Important role dogs play in helping Warriors along the road to recovery.

Paws for Purple Hearts is the world's only service dog organization for wounded Service Members and veterans that partners with Bergin College of Canine Studies. Bergin College is the first and only college in the world that focuses on training and learning about dogs. It was founded and continues to be led by the famous canine researcher and inventor of the service dog concept, Dr. Bonnie Bergin.

Through its unique mission to advance human-canine studies, it produces some of the best service dog trainers and highest quality assistance dogs. Although Paws for Purple Hearts is now separate from Bergin College- all of their trainers are Bergin graduates.

As an employee at the VA Palo Alto Health Care/Veterans Affairs, I have had the opportunity to witness the facility dogs in action with veteran inpatients. It is quite a moving experience to see the works of these dogs and how they benefit our veterans. This non-profit 501(c)(3) organization is close to my heart.

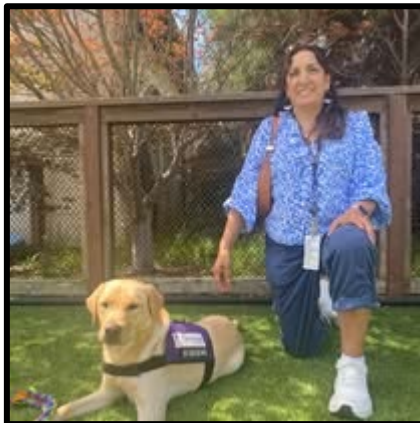
There are three ways to donate to this organization:

1. Mail a check to LA FRA National Financial Secretary at PO BOX 706, Goose Creek, SC 29445 and note on the memo line "2024-2025 NP Project".
2. Or click on www.pawsforpurplehearts.org and click on "DONATE." Then go in the "how did you hear about us field" and type in LA FRA 2024-2025 National President Project.
3. Or Venmo to Paws for Purple Hearts@Paws4ph and enter "LA FRA" in the notes field when you donate.

"Warriors helping Warriors-giving back to those who gave so much".

National Vice President's Project

NVP Gini Larson's National Vice President's Project is "BRING THEM BACK." She will contact members whose membership was not renewed or lapsed in an effort to get them to rejoin the Ladies Auxiliary of the Fleet Reserve Association. She will also be in contact with all members at large.



Auxiliary of the Fleet Reserve Association Unit 287 Secretary Hope Jow Ohana who is in training with Paws for Purple Hearts

Reminders

All members can receive the *Triangle* by e-mail at no charge. Please submit your e-mail address to the National Executive Secretary (e-mail address on the web site [la-fra.org] main page). Please encourage your fellow members to send in their e-mail address and start receiving the Triangle. Remember to send the Executive Secretary a change of e-mail address, especially if you are using a business address, so the mailing list can be kept up-to-date.

Send membership change information (physical address, telephone number, and any change of status- married or widowed) to the National Financial Secretary. Please contact NES Starkey for the e-mail address, if needed.

Read the Unit Procedure Manual, Unit Instructions and Rituals, Standing Rules and the Constitution and Bylaws, all are available on the website.

Send all Member Death Notices to the Regional Chaplain, National Chaplain (dsmileynationalchaplain@yahoo.com), and National Financial Secretary (lafranfspat@gmail.com).

For the Regions – destroy all previous forms of the ‘Newly Elected/Appointed Regional Officers’ form. Remember to send in the form after the regional elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after the National Convention, is provided to the Units), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.

For the Units - destroy all previous forms of the ‘Unit Officer Information’ form. Remember to send in the form you receive after Unit elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after National Convention, is provided to the Units), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.

TRIANGLE – September 2025
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

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ORGANIZATION
U.S. POSTAGE
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Everyone is invited to transfer their paper Triangle to an e-mail Triangle. Please return the below form with your e-mail address to NES Laurie Starkey (39 Fairmount Drive, Glassboro, NJ 08028-1305) or send an e-mail (that includes at least your name and your member number, if you have it handy, for a faster delivery method to lafrastarkey@outlook.com

REPORT OF CHANGE OF ADDRESS AND OR E-MAIL ADDRESS FOR THE TRIANGLE	
Date: _____	
Name: _____	Member No: _____
Old e-mail address: _____	
New e-mail address: _____	
Old Address	
Street: _____	
City, State, ZIP: _____	
New Address	
Street: _____	
City, State, ZIP: _____	
MAIL TO: Laurie Starkey, NES, 39 Fairmount Drive, Glassboro, NJ 08028-1305	
Remember to also notify Pat Suckow, NFS, of any change of address: LA FRA, PO Box 706, Goose Creek, SC 29445	